

Prostate biopsy explanation

Introduction

Prostate biopsy is a procedure in which small samples are removed from a man's prostate gland to be tested for the presence of cancer. It is typically performed when the scores from a PSA blood test rise to a level that is associated with the possible presence of prostate cancer or when an abnormal nodule or hardness over your prostate gland was found on rectal examination.

Before the Procedure

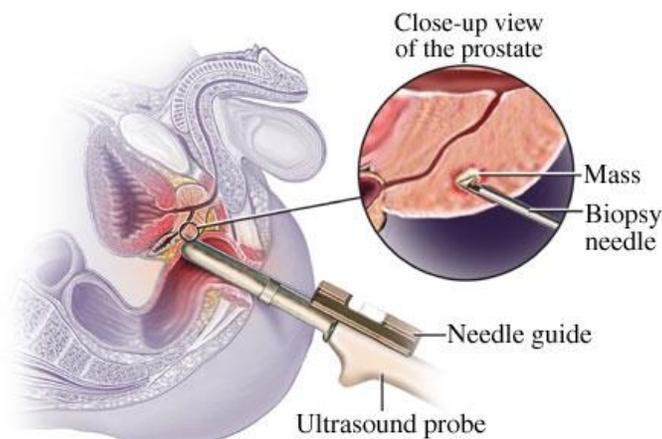
1. Make sure that you let me know
 - a. About all sensitivities and allergies to any medications, latex, tape, and anesthetic agents (local and general).
 - b. If you have had any bleeding problems.
 - c. List all medications (prescription and over-the-counter) and herbal supplements that you are taking
2. Stop all blood thinners before the biopsy (if allowed by the prescribing physician)
3. Take one antibiotic tablet the night before your procedure. Take another antibiotic the morning of the procedure.
4. Please complete the Fleets Enema 2 hours prior to your prostate biopsy
5. Bring the attached consent form signed with you to your appointment

During the Procedure

A prostate biopsy is usually performed on an outpatient basis. You will undress from the waist down and will be positioned on your left side, with your knees bent. You should lie still during the procedure. Transrectal ultrasound (TRUS) is generally used to guide the needle to the correct biopsy location. A prostate biopsy is usually done with a spring-loaded needle. The needle quickly enters the prostate gland and removes a tissue sample about a dozen times. It makes a clicking sound, and there may be considerable discomfort. The biopsy can also be done with a needle guide attached to your surgeon's finger. I insert the finger into the rectum. Then the spring loaded needle is slid along the guide, through the wall of the rectum, and into the prostate gland. The needle is turned to collect a tissue sample and then pulled out. A transrectal biopsy takes about 15 minutes.

How It Feels

You may feel pressure in the rectum while the ultrasound probe or guiding finger is in place. You also may feel a brief, sharp pain as the biopsy needle is inserted into the prostate gland. Usually twelve biopsy samples are collected. Following the biopsy, you will be asked to avoid strenuous activities for about 4 hours.



Center for Sexual & Urinary Function

After the Procedure

1. Take one antibiotic the night after the procedure
2. Increase the amount of fluids to at least 8 – 10 glasses for 3 days following your procedure
3. You will be scheduled for an office visit to discuss your biopsy result regardless whether your biopsy is positive or negative. Results are usually available within 10 days. If you have not been given your biopsy results in 14 days please call the office.

Side effects

1. You may feel the urge to urinate or have a bowel movement after the biopsy. This feeling should pass after a few hours
2. You may have mild pain in the pelvic area and blood in your urine for up to 5 days.
3. There may be blood in your urine or stool for up to one month after the biopsy. This is common. Blood, either red or reddish brown, may also be in your ejaculate for a few weeks after the biopsy.
4. The biopsy site may be tender or sore for several days after the biopsy. Take a pain reliever for soreness as recommended by your physician. Aspirin or certain other pain medications may increase the chance of bleeding. Be sure to take only recommended medications.

Notify me to report any of the following:

1. Increase in the amount of blood in your urine or stool or bleeding continues longer than 2 to 3 days
2. If you are unable to urinate within 8 hours or have difficulties with urinating
3. Increased pain, fever and/or chills

Results of Prostate biopsy	
Normal:	The prostate gland tissue samples appear normal under the microscope, with no signs of infection or cancer.
Abnormal:	Cancer cells or signs of infection are found. Signs of an abnormal noncancerous enlargement of the prostate gland (benign prostatic hyperplasia, or BPH), tuberculosis, lymphoma, or rectal or bladder cancer are present.

If cancer cells are present, a grade (Gleason score) will be given, which your doctor will discuss with you. The Gleason score is considered a tool for predicting how aggressive the cancer is. Genetic testing could be ordered on biopsy samples to more precisely predict the aggressiveness of the cancer

What Affects the Test

Factors that can interfere with your test or the accuracy of the results include:

- The biopsy may not contain enough tissue to make a diagnosis.
- A chance that a cancer may be missed since the biopsy takes a small amount of tissue.

What to Think About

- Normal prostate biopsy results do not rule out cancer.
- If the prostate biopsy results show cancer, other tests may be needed to determine the spread of the cancer. These tests may include a blood test (prostate-specific antigen), bone scan, lymph node biopsy, or computed tomography (CT) scan.
- A prostate gland biopsy does not cause problems with erections and will not make a man infertile